

BETTER FOODS. BETTER BODIES.



Sunday Brunch Frittata

Serves: 4

Calories: 302 (per serving)

Protein: 15 grams (per serving)

Key Ingredients:

Zucchini

Rice

Eggs

Grated Mozzarella

Ingredients:

- 2–3 medium zucchini, sliced
- ½ cup diced onion
- 1 clove fresh garlic, minced fine
- 1 cup cooked rice your choice (a good use for left-over rice)
- 4 eggs separated
- 2 tbsp. grated Parmesan cheese
- ½ cup grated mozzarella cheese
- 4–5 tbsp. extra virgin olive oil

Directions:

1. Preheat oven to 300°
2. Clean and slice the zucchini in half, lengthwise, then into 1/8" pieces.
3. Dice onion and mince garlic (use as much as you like). Sauté zucchini, onions, and garlic in 2 tbsp. olive oil until onions and zucchini are limp.
4. Mix rice, Parmesan, grated mozzarella, and eggs yolks in a bowl.
5. Stir in zucchini mixture, add rice mixture and salt/pepper to taste. Mix all ingredients well.
6. Whip egg whites until fluffy. Fold into the frittata mixture.
7. Spray a 9"x12" casserole dish with olive oil spray.
8. Bake until golden brown on the top. Let cool for 5 minutes.
9. Slice and serve.

Enjoy as a hot or cold appetizer sliced into 1" cubes or as an entrée if sliced larger.

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